







7-Day Authentic Vietnam Escape: Sapa, Ninh Binh, Lan Ha Bay(VT1-7D101-SP-TREK-NB-LHB)

Days

6
light



Trip Overview

Embark on an extraordinary **7-day Vietnam cultural discovery** that weaves together the mystical mountains of Sapa, the ancient wonders of Ninh Binh, and the emerald waters of Halong Bay. This **luxury private Vietnam tour** offers authentic encounters with ethnic hill tribes, sustainable trekking through terraced rice fields, and intimate cultural immersion experiences. Journey from the misty peaks where Hmong and Dzao communities preserve centuries-old traditions to the UNESCO World Heritage landscapes that define Vietnam's natural beauty. Experience **tailor-made Vietnam journeys** designed for modern travelers seeking meaningful connections, luxury comfort, and sustainable adventures that support local communities.



Trip Highlights

- ✓  Trek through Sapa's ethnic villages and meet local hill tribes among stunning rice terraces.
- ✓  Immerse yourself in the traditions of Black Hmong and Dzay communities in Muong Hoa Valley.
- ✓  Cruise overnight in peaceful Lan Ha Bay with luxury service and unforgettable scenery.
- ✓  Explore hidden lagoons and Bright Cave by kayak and bamboo boat in Lan Ha Bay.
- ✓  Start your day with Tai Chi on the sundeck as the sun rises over the limestone islets.
- ✓  Join an onboard cooking class and enjoy a fresh seafood dinner under the stars.
- ✓  Cycle through Hoa Lu's rural landscapes and explore Vietnam's ancient royal capital.
- ✓  Drift through UNESCO-listed Trang An caves and sacred temples by wooden boat.
- ✓  Climb Mua Cave's 500 steps for panoramic views over Tam Coc's rivers and rice fields.
- ✓  Wander Hanoi's Old Quarter and discover local food, historic lanes, and hidden cafes.

17 Daily Itinerary

Day
01

Hanoi Arrival 🍷 – Welcome to Vietnam's Cultural Heart

✨ What You'll Experience

Step into Vietnam's vibrant cultural tapestry as you arrive in Hanoi, where centuries of history blend seamlessly with modern energy. Your **luxury Vietnam tour** begins with seamless airport transfers and accommodation in the atmospheric Old Quarter, where French colonial architecture meets traditional Vietnamese street life. This gentle introduction allows you to acclimate while surrounded by the authentic sounds, scents, and sights that make Hanoi unforgettable.

🕒 Your Day at a Glance

- **Noi Bai Airport Welcome** 🚗 Your private luxury chauffeur awaits at Terminal Pole 10, beginning your **Vietnam cultural journey** with seamless transfers through Hanoi's evolving landscape, where rice paddies gradually transform into Vietnam's bustling capital cityscape
- **Hanoi Old Quarter Check-in** 🏠 Settle into your carefully selected boutique accommodation in the heart of **Hanoi's 36 Ancient Streets**, where French colonial balconies overlook narrow lanes that have witnessed nearly 1,000 years of Vietnamese history (check-in from 2:00 PM)
- **Ancient Quarter Discovery** 🚶 Wander through **Hoan Kiem Lake** surroundings and explore iconic streets like Hang Bac (Silver Street) and Ma May (Rattan Street), where each alleyway tells stories of traditional craftsmen and family businesses spanning generations
- **Evening Cultural Immersion** 🍷 Experience authentic Hanoi nightlife at **Weekend Night Market** or savor legendary **pho bo** at street-side vendors, where locals gather for evening conversations over Vietnamese coffee and traditional snacks

✅ Inclusions

- Private airport transfer service

🏠 Overnight Stay

Boutique hotel in Hanoi Old Quarter

Day
02

Hanoi to Sapa 🏔️ – Journey to Vietnam's Ethnic Highlands

✨ What You'll Experience

Embark on a scenic journey through Vietnam's breathtaking northwest mountains, where **Sapa ethnic village tours** reveal the daily lives of the Black Hmong people. Wind through terraced landscapes that shimmer like emeralds in the highland mist, arriving in Sapa where colorful traditional costumes tell stories of ancient cultures. Your first **Vietnam hill tribe experience** unfolds at Cat Cat Village, where French colonial history meets indigenous waterfall traditions.

🕒 Your Day at a Glance

- **6:30-7:00 AM Hanoi Departure** 🚌 Begin your **Sapa mountain adventure** aboard luxury transport through **Red River Delta**, watching emerald rice fields slowly give way to the dramatic limestone peaks of **Northwest Vietnam**, as morning mist dances across traditional farming villages
- **Noi Bai-Lao Cai Highway Journey** 🏞️ Wind through **Yen Bai Province** mountain passes where **Muong and Thai ethnic minorities** tend terraced hillsides, with photo stops at scenic viewpoints overlooking the **Chay River Valley** and towering peaks of the **Hoang Lien Son Range**
- **12:30 PM Sapa Town Arrival** 🏠 Enter Vietnam's most famous mountain town at 1,500 meters elevation, where **Hmong, Dzao, and Tay people** in vibrant traditional dress create a living cultural tapestry against the backdrop of **Fansipan Peak** (Vietnam's highest mountain at 3,143m)
- **Welcome & Authentic Dining** 🍲 Enjoy traditional **cao lau noodles** and **thang co** (horse meat stew) while your local **ethnic minority guide** shares stories of highland life and ancient trade routes that connected Vietnam to China
- **2:30 PM Cat Cat Village Trek** 🥾 Descend through terraced landscapes toward **Cat Cat Waterfall**, following stone paths used by **Black Hmong families** for centuries, passing traditional **stilt houses** where locals weave hemp and dye indigo fabrics using ancestral techniques
- **French Colonial Heritage** 💧 Discover the historic **hydroelectric power station** built by French engineers in 1920s, where rushing waters from **Muong Hoa Stream** still power turbines amid a setting of pristine mountain wilderness and ethnic village life
- **5:00 PM Sapa Evening** 🌅 Return to Sapa's central square for sunset views over **Ham Rong Mountain**, with time to explore the famous **Sapa Market** where ethnic minorities sell handwoven textiles, silver jewelry, and traditional medicines

✅ Inclusions

- Luxury bus transportation

- Traditional Vietnamese lunch
- 3-star Sapa hotel accommodation
- English-speaking local guide
- All entrance fees and trekking permits



Overnight Stay

3-star hotel in Sapa Town

Day
03

Sapa Cultural Trekking 🌿 – Deep Ethnic Village Immersion

✨ What You'll Experience

Today's **sustainable Vietnam trekking** adventure takes you deep into the heart of ethnic diversity, where Hmong and Dzay communities maintain traditional lifestyles amid spectacular rice terraces. This **Vietnam cultural immersion** experience follows ancient pathways along Muong Hoa Stream, connecting three distinct villages where each community preserves unique customs, languages, and artistic traditions. The 12-kilometer trek through Hoang Lien Son Mountain landscapes offers both physical adventure and profound cultural understanding.



Your Day at a Glance

- **8:30-9:00 AM Y Linh Ho Village Start** 🏡 Begin your **epic Sapa trekking adventure** from Y Linh Ho hamlet, where **Black Hmong families** have cultivated magnificent rice terraces for over 700 years, creating the iconic stepped landscapes that cascade down **Muong Hoa Valley** like giant green staircases
- **Terraced Rice Field Immersion** 🌿 Trek along ancient footpaths through **UNESCO-recognized agricultural heritage** landscapes, where each terrace tells stories of ingenious water management systems and sustainable farming passed down through 20+ generations of **highland ethnic communities**
- **Muong Hoa Stream Discovery** 💧 Follow the crystalline waters of **Muong Hoa River** through pristine valley wilderness, spotting ancient rock carvings and encountering **Red Dzao women** gathering medicinal herbs, their distinctive red headdresses creating striking contrasts against emerald mountainsides
- **11:30 AM Lao Chai Village Feast** 🍛 Share authentic **sticky rice** and **grilled mountain vegetables** with **Black Hmong families** in **Lao Chai village**, while children in traditional dress demonstrate traditional games and elderly artisans weave intricate textiles on wooden looms

- **12:15 PM Ta Van Cultural Encounter** 🏡 Continue to **Ta Van village**, homeland of the **Dzay ethnic people** (also called Zay), where bamboo houses on stilts overlook vast rice terraces and families practice unique customs including ancient **shamanistic rituals** and traditional medicine using mountain herbs
- **Hoang Lien Son Mountain Views** 🏔️ Experience breathtaking panoramas of **Vietnam's highest mountain range**, including glimpses of **Fansipan Peak** and surrounding summits that form the "Roof of Indochina," while learning about the delicate ecosystem that supports rare species like **red pandas** and **silver pheasants**
- **1:30 PM Ta Van Bridge Pickup** 🚌 Complete your **12-kilometer highland odyssey** (4.5 hours total) at the historic **Ta Van suspension bridge**, with luxury transport waiting to begin your journey back to Hanoi through **Lao Cai Province's** stunning mountain landscapes
- **8:30 PM Hanoi Old Quarter Return** 🏠 Arrive back in Vietnam's capital with unforgettable memories of **authentic ethnic village life** and some of **Southeast Asia's most spectacular mountain scenery**

✅ **Inclusions**

- Luxury bus transportation
- Hotel breakfast and village picnic lunch
- English-speaking local guide
- All entrance fees and permits

🏠 **Overnight Stay**

Hotel in Hanoi Old Quarter

✨ What You'll Experience

Travel to Vietnam's ancient capital — Hoa Lu. Bike through serene countryside, drift past caves in Trang An by sampan, and climb Mua Cave's 500 steps for a breathtaking panorama of Tam Coc. It's a day where myth meets mountain, and heritage meets hidden beauty.

🕒 Your Day at a Glance

- 🚗 07:00 – Hotel Pick-up and Drive to Ninh Binh – Enjoy a comfortable ride through the Red River Delta's green rice paddies.
- 🏯 10:30 – Explore Hoa Lu Ancient Capital – Visit the 17th-century temples of King Dinh and King Le, nestled among limestone karsts. Discover Vietnam's imperial beginnings
- 🚲 11:30 – Cycling Tour Through Local Villages – Pedal past golden fields and stilt houses, witnessing rural life in the ancient Kinh heartland.
- 🍽️ 12:30 – Lunch at Local Restaurant – Enjoy regional specialties like goat meat and crispy rice. Vegetarian options available.
- 🚣 13:30 – Boat Ride Through Trang An – Drift through UNESCO-listed cave systems, lush jungle, and sacred temples, including Skull Island filming locations.
- 🧗 16:00 – Hike to Mua Cave Viewpoint – Climb 500 stairs to reach the summit of Lying Dragon Mountain and absorb the panoramic view of Tam Coc. 🚌
- 17:30 – Return to Hanoi

✅ **Inclusions:** Lunch, entrance fees, cycling, English-speaking guide, transport

🏠 **Overnight Stay:** Hotel in Hanoi Old Quarter

✦ What You'll Experience

Sail into the surreal seascape of Lan Ha Bay — a quieter gem adjacent to Halong. Board your boutique cruise, feast on seafood, and glide into Bright Cave by bamboo boat. Swim in emerald waters, toast the sunset on deck, and enjoy a serene night on the bay.

🕒 Your Day at a Glance

- 🚗 08:00 – Transfer to Tuan Chau Harbor – Pass through scenic coastal roads toward Ha Long City.
- 🚢 12:30 – Embark on Lan Ha Bay Cruise – Step aboard a luxury vessel and indulge in a gourmet lunch while gliding through the limestone islets of the bay. 🌅 14:30 – Explore Bright Cave (Hang Sang) – Enter by bamboo boat into this serene grotto, a round lake surrounded by towering cliffs.
- 🏊 16:30 – Swimming in a Quiet Bay – Take a dip in emerald waters, framed by limestone peaks.
- 🍷 17:00 – Sunset Party & Cooking Demonstration – Join the fun on deck while learning to make spring rolls and enjoying Happy Hour.
- 🍽️ 19:00 – Seafood Dinner & Night Activities – Fresh delicacies served with optional squid fishing, games, karaoke, or a peaceful nightcap.

✅ **Inclusions:** Cruise, lunch, dinner, bamboo boat, entrance fees, activities, guide

🏠 **Overnight Stay:** Cruise cabin in Lan Ha Bay

Lan Ha Bay – Kayaking – Return to Hanoi 🚣🇻🇳

🌟 What You'll Experience

Start your day with Tai Chi and sunrise views. Paddle a kayak around Tra Bau floating village, where silence and nature embrace. After brunch, say farewell to the bay and head back to Hanoi — full of memories shaped by sea and stone.

🕒 Your Day at a Glance

- 🇻🇳 06:00 – Tai Chi Session on Sundeck – Rejuvenate your spirit as dawn breaks over limestone cliffs.
- 🍳 06:30 – Breakfast with a View – Morning delights served as the boat sails quietly.
- 🚣 07:20 – Kayak Around Tra Bau Floating Village – Paddle through calm waters and witness the rhythm of life in this floating community.
- 🧳 09:00 – Cabin Check-out & Farewell
- 🍽️ 10:00 – Brunch Onboard – Enjoy one last delicious meal while cruising past the bay's majestic formations.
- 🚗 11:45 – Return Transfer to Hanoi
- 🏨 15:00 – Hotel Drop-off in Hanoi Old Quarter

✅ **Inclusions:** Breakfast, brunch, kayaking, transport, guide, entrance fees

🏨 **Overnight Stay:** Hotel in Hanoi Old Quarter

✨ What You'll Experience

One last coffee in the Old Quarter, one final stroll through the markets — today you say goodbye. Your private transfer to the airport marks the end of a 7-day journey that touched mountain trails, coastal waters, and cultural roots.

🕒 Your Day at a Glance

🕒 Morning – Breakfast & Check-out – Savor your last taste of Hanoi before departure.

🚗 Transfer to Noi Bai Airport – Travel in comfort with your private driver, carrying a heart full of memories.

✅ **Inclusions:** Airport transfer

🏠 **Overnight Stay:** N/A (departure day)

✅ What's Included

- ✅ 🚗 All transportation as per itinerary (private car, bus, cruise transfers)
- ✅ 🏠 Accommodation in Sapa, and Lan Ha Bay
- ✅ 🕒 Daily breakfast at hotel or cruise
- ✅ 🍽️ 5 Vietnamese-style lunches (Sapa, Ninh Binh, cruise)
- ✅ 🍽️ 1 dinner onboard Lan Ha Bay cruise
- ✅ 🎫 Entrance fees to Cat Cat Village, Y Linh Ho, Lao Chai, Ta Van, Hoa Lu, Trang An, Mua Cave, Lan Ha Bay
- ✅ 🧭 Guided trekking in Sapa with local English-speaking guide 🚲 Cycling tour in Ninh Binh countryside
- ✅ 🚣 Sampan boat ride through Trang An caves
- ✅ 🧘 Tai Chi, bamboo boat, and kayaking in Lan Ha Bay
- ✅ 💧 Drinking water during group excursions
- ✅ 🗂️ All scheduled group activities with English-speaking guide

What's Not Included

-   Beverages during meals
-   Personal expenses (laundry, phone calls, souvenirs)
-   Tips for drivers and guides (optional but appreciated)
-   Travel insurance for medical or trip cancellation
-   International or domestic flights to/from Vietnam
-   Services not clearly mentioned as "included" in the program
- 



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